



# Herby Chicken & Pesto Potatoes

with Fetta Salad

KID FRIENDLY

DIETITIAN APPROVED

MEDITERRANEAN

Grab your Meal Kit with this symbol



Potato



Tomato



Cucumber



Chicken Breast



Garlic & Herb Seasoning



Fetta Cubes



Spinach & Rocket Mix



Basil Pesto



Mayonnaise



Plant-Based Crumbed Chicken

Prep in: 20-30 mins  
Ready in: 30-40 mins



Carb Smart\*  
\*Custom Recipe is not Carb Smart



Eat Me Early

This dish gets a tick from every department. It's got tender chicken breast spiced with our famous garlic and herb seasoning, crispy roast potatoes tossed with herby basil pesto and a bright fetta salad adding a little Mediterranean flair!

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, Vinegar (White Wine or Balsamic)

## Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

## You will need

Oven tray lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
potato	2	4
tomato	1	2
cucumber	1	2
chicken breast	1 small packet	2 small packets OR 1 large packet
garlic & herb seasoning	1 medium sachet	1 large sachet
fetta cubes	1 medium packet	1 large packet
spinach & rocket mix	1 small bag	1 medium bag
<b>vinegar*</b> (white wine or balsamic)	drizzle	drizzle
basil pesto	1 packet (50g)	2 packets (100g)
mayonnaise	1 packet (40g)	1 packet (80g)
plant-based crumbed chicken**	1 packet	2 packets

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2700kJ (645Cal)	479kJ (114Cal)
Protein (g)	45g	8g
Fat, total (g)	37g	6.6g
- saturated (g)	6.2g	1.1g
Carbohydrate (g)	31g	5.5g
- sugars (g)	8.4g	1.5g
Sodium (mg)	993mg	176mg
Dietary Fibre (g)	12.2g	3g

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2860kJ (684Cal)	661kJ (158Cal)
Protein (g)	47.4g	10.9g
Fat, total (g)	17.8g	4.1g
- saturated (g)	3.6g	0.8g
Carbohydrate (g)	79.4g	18.3g
- sugars (g)	8.8g	2g
Sodium (mg)	552mg	128mg

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## We're here to help!

Scan here if you have any questions or concerns



1



## Roast the potato

- Preheat oven to **240°C/220°C fan forced**.
- Cut **potato** into bite-sized chunks.
- Place **potato** on a lined oven tray. Drizzle with **olive oil** and season with **salt**.
- Toss to coat, then roast until tender, **20-25 minutes**.

4



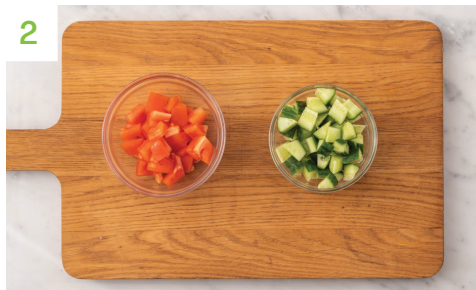
## Cook the chicken

- When potatoes have **10 minutes** remaining, in a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **chicken steaks**, until cooked through, **3-6 minutes** each side (cook in batches if your pan is getting crowded). Transfer to a plate to rest.

**TIP:** The chicken is cooked through when it is no longer pink inside.

**Custom Recipe:** In a large frying pan, heat enough olive oil to coat the base over medium-high heat. Cook plant-based crumbed chicken until golden and heated through, 2-3 minutes on each side. Transfer to a paper towel-lined plate.

2



## Get prepped

- Meanwhile, roughly chop **tomato** and **cucumber**.
- Place your hand flat on top of each **chicken breast** and slice through horizontally to make two thin steaks.

5



## Toss the salad & pesto potatoes

- Meanwhile, crumble **fetta cubes**.
- In a medium bowl, combine **spinach & rocket mix, tomato, cucumber, fetta cubes** and a drizzle of the **vinegar** and **olive oil**. Season to taste.
- To the tray of roasted potatoes, add **basil pesto** and toss to coat.

3



## Flavour the chicken

- In a large bowl, combine **chicken, garlic & herb seasoning**, a drizzle of **olive oil** and a pinch of **salt and pepper**.

**Custom Recipe:** If you've swapped to plant-based crumbed chicken, combine plant-based crumbed chicken with spice blend as above.

6



## Serve up

- Slice herby chicken.
- Divide chicken, pesto potatoes and fetta salad between plates.
- Serve with **mayonnaise**. Enjoy!

## Rate your recipe

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